

Green Goddess Smoothie



Ingredients:

- 1 cup ice water
- ¼ cup silken tofu (optional)
- ¾ cup fresh spinach
- 1 celery stalk, roughly chopped
- 1 kiwi, peeled and sliced
- ½ green apple, cored and roughly chopped (leave skin on)
- ½ green pear, cored and roughly chopped
- ½ cucumber, peeled and chopped
- ½ avocado, peeled and chopped
- 8-10 ice cubes

Directions:

- Place ingredients in blender in the order that they are listed.
- Blend on high speed for about 45-60 seconds.
- Serve chilled in a tall glass.

Makes 2 servings

Adapted from HappyFoodHappyLife.com